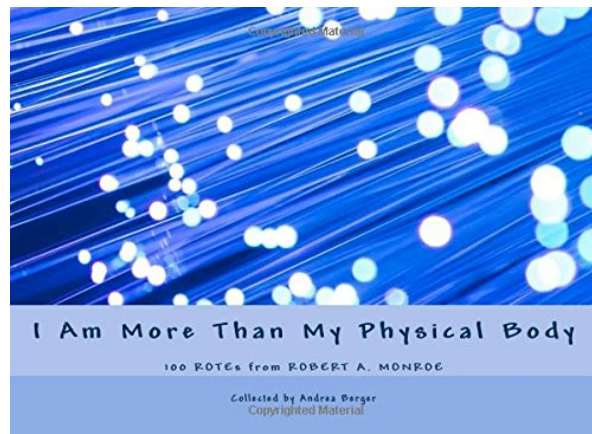


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BOOK REVIEW - I AM MORE THAN MY PHYSICAL BODY: 100 ROTES FROM ROBERT A. MONROE

by Andrea Berger



Robert Monroe was a successful and distinguished business executive and noted pioneer in the investigation of human consciousness. He also invented Hemi-Sync® and founded The Monroe Institute®, a worldwide organization dedicated to expanding human potential. *I AM MORE THAN MY PHYSICAL BODY: 100 ROTES* from Robert A. Monroe is celebration of his life and work, and offers a very current message for humankind in the twenty-first century. It is a collection of 100 thought-provoking, inspirational quotes from his three best-selling, landmark books—*JOURNEYS OUT OF THE BODY*, *FAR JOURNEYS* and *ULTIMATE JOURNEY*—which are available wherever books are sold.

Andrea Berger is a long-time consciousness explorer and a trainer at The Monroe Institute. She lovingly helped birth this book in celebration of Bob Monroe's 100th birthday and twentieth anniversary since his transition. Giving birth to this book has been an exciting adventure! The idea came like a thunderbolt while I was shopping with my daughter in a busy mall. She was looking at inspirational books of quotes as gifts for her best friends' high school graduation when the thought clicked in my head that there had never been a collection of Bob's quotes. From there the ideas began to flow quickly, as if I were unfurling a ROTE from Bob himself. If published in 2015, then the book would coincide with Bob's 100th birthday and twentieth anniversary since his transition. It would contain exactly 100 quotes from Bob's three published books, and carry relevant messages for consciousness explorers of the twenty-first century. The title and cover art also arrived as ROTES, as did the overall design and format. On a trip to The Monroe Institute, I shared the ideas with Nancy (Scooter) McMoneagle and she was equally enthusiastic. And so it began.

It seemed a daunting task to re-read Bob's books and select the 100 ROTEs, but they jumped out at me as if someone had marked them with a yellow highlighter. Everything came together beautifully and the result is I AM MORE THAN MY PHYSICAL BODY, a manifestation of higher consciousness that gives joy, hope and encouragement to all. Whether you read it from cover to cover, or whimsically open to a random page, you will find Bob's humor and wisdom present. Curious yet? As Bob would say, "Try it and find out."